

Monday, 3/9/09

Tuna Salad over a Fresh Garden bed of lettuce, 375 kcal

Fresh Fruit in Season, 80 kcals

2 pkts of Soda Crackers, 50 kcals

Lemon wedge

Diet Jello

Bottled Water

Kcal 505

Tuesday, 3/10/09

½ Shaved Turkey and Swiss Cheese on Whole Wheat Bread with Light Mayo, 250 kcal

Lettuce leaf/tomato

1/2 Cup Pudding, 115 kcal

1/2 Cup canned fruit, 60 kcal

1 Cup Raw Vegetables, with light ranch dressing 65

Mustard

Bottled Water

Kcal 490

Wednesday, 3/11/09

Chicken Salad over a fresh lettuce salad , 345 kcal

3 pkts of Soda Crackers 80 kcals

Fresh Fruit in season 80 kcals

Diet Jello

Lemon Wedge

Bottled Water

Kcal 505

Thursday, 3/12/09

½ Fresh Garden Salad with Light Dressing 90 kcal

½ Roast Beef and Pepper Jack Cheese in a Whole Grain Wrap, 270 kcal

Lettuce leaf/tomato

Vanilla Wafers 75 kcal

½ Cup Canned Fruit 60 kcal

Mustard

Bottled Water

495 Kcal

Friday, 3/13/09

Shaved Turkey and Swiss Cheese in a Whole Grain Wrap with light mayo pkt 295 kcal

Fresh Spinach leaf and Tomatoes

Fresh Fruit in Season, 80 kcal

1 Bag pretzels 110 kcal

Diet Jello

Mustard

Bottled Water

Kcal 485

Monday, 3/16/09

Deli Shaved Ham and Swiss Cheese on whole wheat bread with Light Mayo pkt 400 kcal

Raw Veggies with Light Ranch Dressing 65 kcal

Diet Jello

Mustard

Bottled Water

Kcal 465

Tuesday, 3/17/09

Tuna Salad with American Cheese one whole grain bread, 435 kcal

Lettuce leaf/sliced tomatoes (on side)

Fresh Fruit in Season 80kcal

Diet Jello

Mustard

Bottled Water

Kcal 515

Wednesday, 3/18/09

½ Turkey and Provolone Cheese on Whole Grain Bread with Light Mayo pkt 250 kcal

Lettuce leaf/sliced tomatoes

1 Bag Baked Chips 125 kcal

1 Cup Canned Fruit 120 kcal

Mustard

Bottled Water

Kcal 495

Thursday, 3/19/09

½ Fresh Garden Salad with Light Dressing 90 kcal

½ Roast Beef and American Cheese in a whole Wheat Wrap, 250 kcal

Lettuce leaf/Sliced Tomato

2 package Graham Crackers 120 kcal

Diet Jello

Mustard

Bottled Water

Kcal 481

Friday, 3/20/09

Chicken Salad Over a Fresh Garden Salad, 345 kcal

2 packages saltines 50 kcal

1/c cup Pudding 115 kcal

Lemon Wedge

Bottled Water

Kcal 520